

FIELD STUDIES TANZANIA Packing List

Things to know

- We travel light on Overland trips; please only bring items on your packing list.
- Please do not bring any electronics (including your cell phone). See FAQs for more information on our cell phone and electronics policy.
- Your group will have access to laundry periodically.
- Do not bring any type of knife or multi-tool (such as a Swiss Army knife or Leatherman tool).
- There are no reimbursements for lost, damaged or stolen items.
- Please wear the navy Overland shirt that you will receive from the Overland office to your trip start location.

Please know that if your student arrives sick at trip start, they will not be allowed on the program. For more information on the packing list, please refer to the “What to Pack” tab on your trip’s page on the website.

Luggage

- Medium-Sized Duffel Bag or Backpack

Clothing

- Navy Overland Shirt (1)
- Synthetic T-Shirt (5)
- Synthetic Shorts (2)
- Pants (2)
- Fleece Pants
- Synthetic Long Underwear Top & Bottom
- Hat with Visor
- Winter Hat
- Gloves or Mittens (pair) (2)
- Athletic Socks (pair) (2)
- Wool and/or Synthetic Socks (3)
- Underwear (7)
- Bandana
- Pajamas (optional)

Outer Layers

- Fleece Jacket or Pullover
- Waterproof Raincoat
- Packable Synthetic or Down Jacket
- Waterproof Rain Pants

General Gear

- Day Pack
- Sleeping Bag
- Sleeping Pad
- Water Bottle
- Hydration System
- Bowl, Mug & Utensils
- Headlamp & Extra Batteries

Footwear

- Waterproof Hiking Boots
- Sneakers (pair)
- Sandals (pair)

Travel Documents

- Passport
- Passport Photocopies
- Single Entry Visa for Tanzania
- Photo Identification
- Unaccompanied Minor Fee Receipt (if applicable)
- Baggage Fee Receipt (if applicable)

Miscellaneous

- Toiletries
- Notebook & Pen
- Community Donation Items
- Synthetic Camping Towel
- Gallon Sized Ziploc Bags (5)
- Package of Moleskin or Molefoam
- Sunglasses
- Sunscreen (SPF 15+) & Chapstick (with SPF)
- Insect Repellent
- Personal Journal or Book
- Camera, Charger & Extra Batteries (optional)
- Spending Money
- Health Insurance Card

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